



CLIMBING GEAR FOR MT. EVEREST & 8000M PEAK

Travel Documents

- Valid Passport
 - Credit Cards
 - Pp Size Photo (4 Pieces)
 - Insurance Paper And Contact Address.
 - Family Members / Company's Contact Address
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Foot Wear

- Kailas / Lasportiva / Millet (Summit Shoe)
 - Normal Socks (5-6 Pairs)
 - Summit Socks (2 Pairs)
 - Trekking Shoes (1 Pair)
 - Camp Booties (1 Pair)
 - Basecamp Slipper (1 Pair)
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Upper Body

- Light Weight Top / Thermo Coat (2-3 Layers)
 - Mid Weight Top (2-3 Layers)
 - Heavy Weight Top (2 Layers)
 - Fleece Jacket (1)
 - Gore Text Jacket (1)
 - Down Jacket (1)
 - Wind Proof Jacket
 - Cotton T-Shirt For Base Camp. (2-3)
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Lower Body

- Light Weight Long Under Pants (2-3 Pairs)
 - Under Wear (5-7 Pairs)
 - Mid Weight Long Under Pants (2-3 Pairs)
 - Heavy Weight Long Under Wear
 - Gore Text Pant. (1)
 - Down Pants. (1)
 - Water Proof Pant. (1)
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Head

- Sun Cap
 - Desert Cap
 - Balaclava
 - Fleece Hat
 - Neck Gaiter (2-3)
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Hands

- Thin Fleece Gloves (2 Pairs)
 - Wind Stopper Fleece Gloves
 - Heavy Gloves (Mitten)
 - Summit Gloves
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Sleeping Bags

- Sleeping Bag - 20 Degree Celsius (For Base Camp)
 - Down Sleeping Bag - 20 To -40 Degree Celsius (Extreme Comfort)
 - Thermarest Mattress (Cell Foam)
 - Thermarest Mattress (Inflatable)
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Climbing Equipment

- Climbing Helmet
 - Down Suit (Kailas / Marmot / Mountain Hardware / North Face / Millet)
 - Crampons (Fit with Boot)
 - Ice Axe
 - Harness
 - Atc Guide
 - Jummer / Ascender
 - Lock Carabiner (3)
 - Unlock Carabiner (3)
 - Tape Slings (2)
 - Prusik Loops (1)
 - Snow Goggle
 - Head Light (4 Pairs Rechargeable Batteries Recommended)
 - Satellite Phone "
 - Hand Warmer (If Possible)
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Bag Packs

- Rucksacks 45L - 55L
 - Duffle Bag 90 L -120 L (2 Pieces)
 - Water Proof Stuff Sacks Large (2 Pieces)
 - Water Proof Stuff Sacks Small (2 Pieces)
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Sun Stuffs

- Banana Boat/ Nivea Sun Cream -50 (Spf)
 - Lip Guard -20 / -50 (Spf)
 - Sun Glasses (Uv Protection)
 - Glaciers Glasses (Uv Protection)
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Toiletries

- Hand Disinfectant
 - Wet Tissue
 - Toothpaste
 - Toothbrush
 - Soap
 - Shampoo
 - Garbage Bag
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Eating & Drinking

- Water Bottle (2)
 - Thermos
 - Mug
 - Spoon/ Fork
 - Bowl
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Medical

- Brufen / Ibuprofens
 - Antibiotic
 - Diamox
 - Paracetamol
 - Handy Plaster
 - Crack Bandage
 - Tincture Iodine
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Miscellaneous

- Walking Stick
 - Pocket Knife (Swiss)
 - Umbrella / Rain Coat
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SEVEN SUMMIT TREKS